

Digital Wireless Mini
TENS & EMS
Unit

USER'S MANUAL

Model: HT - 329L1

HT - 329L2

HT - 329L3

HT - 329L4

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INTRODUCTION

What is TENS? TENS stands for Transcutaneous Electrical Nerve Stimulation. The tens unit is a battery powered device that transmits a mild electric impulse through conductive self-adhesive electrode pads, through the skin to underlying nerve fibres and muscles to modify the perception of pain. TENS is a safe and effective drug free method of reducing pain that is in use by physicians and in pain clinics all over the world.

What is EMS? EMS stands for Electrical Muscle Stimulation.

EMS aims at simulating 'motor nerves' to increase blood flow to muscles and to prevent, or reduce muscle atrophy.

Pain therapy with TENS/EMS.

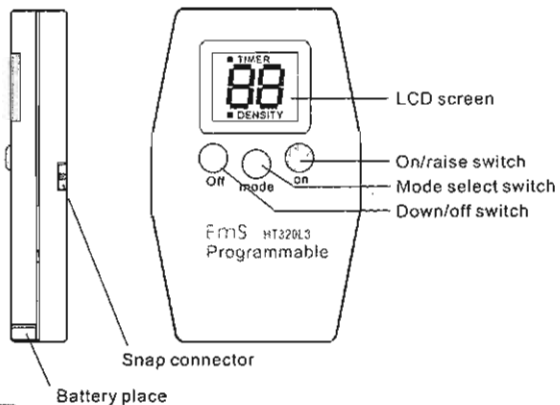
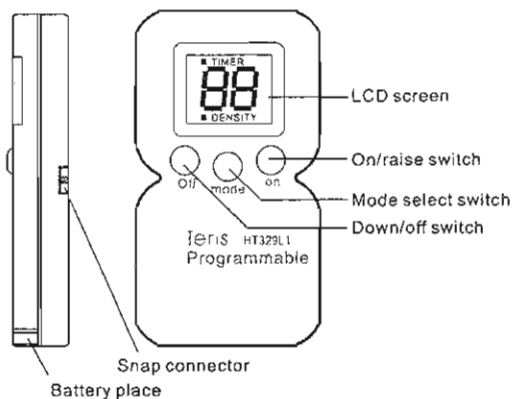
These modalities have been proved to be effective in helping to manage particular pain that can often hinder everyday life. Its physiological effects are explained as follows:

- a. Gate control theory.
- b. The endorphin theory.
- c. Nerve block theory.
- d. Pumping effect.
- e. Placebo theory.

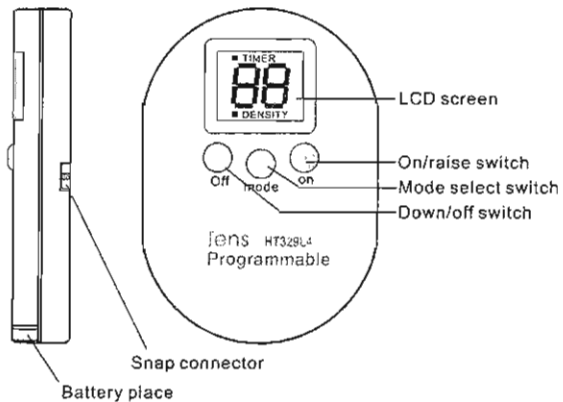
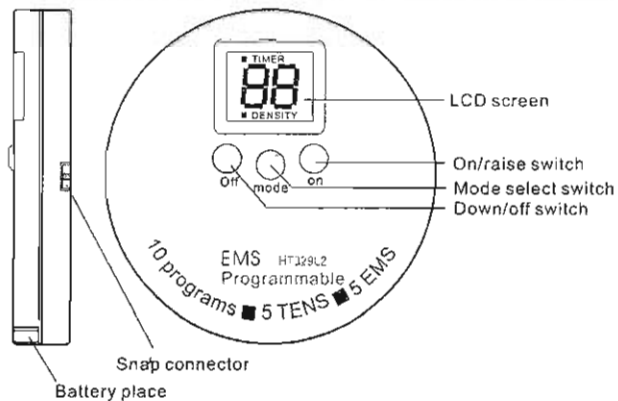
CAUTION

- *. Re-use of the electrode by another user could cause the cross-infection of skin diseases.
- *. Clean and dry the area to which the electrodes are to be applied with water or alcohol prior to application of the electrode.
- *. TENS should not be used in the presence of cardiac pacemakers or during pregnancy.
- *. Don't stimulate over carotid sinus nerves or around the mouth region.
- *. Keep out of the reach of children.
- *. For external use only.
- *. Always use the specified accessories in the manual. The use of other parts not approved by the manufacturer may cause harm.
- *. This device is warranted against for a period of 1 year from the date of purchase by the original buyer.
- *. The device's shelf-life is 3 years.
- *. The product complies with the electromagnetic compatibility requirement of EN60601-1-1-2 as specified in EEC Directive 93/42/EEC.
- *. Operation in close proximity (e.g. 1m) to short wave or microwave therapy equipment may produce instability in the stimulator output.(IEC601-2-10).
- *. Keep the unit clean and dry, storage/opertion/ transportation environment between temperature -10 to 70°C below 90%RJ.

INDICATORS AND CONTROLS



3



4

PREPARATION FOR USE

1. Insert the 3V battery into the unit making sure that the poles are in the correct position. Attach the electrode pad to the back of the unit. Remove the backing paper from the electrode and place the unit onto the body.
 2. Press the button on the right to turn the unit on and to raise the intensity level. Press the button on the left to lower the intensity level and to turn the unit off.
 3. When the unit has been turned on the LCD will auto. display P1. Press the 'mode' button to change programs. To start with a chosen program simply raise the intensity level by pressing the button on the right.
- *. There are 10 programs to choose from (P1-P0). If the program has been changed whilst the unit is in use, the intensity level will auto. return to '0'.*
- *. The timer is preset for 30 mins. When the unit is in use the LCD will display which program is operating, the intensity level being used and the timer. When the timer has reached '0' the unit will auto. turn off.*
- *. If the unit has been turned on and the intensity level remains at '0' for a period of 3 mins, the unit will auto. Turn off.*

STANDARD ACCESSORIES

The Mini TENS is available with 3 different contents as follows;

1.)Electrode Set-contains;
 - a. Electrical Stimulator.....1
 - b. Dual pole-Self Adhering Electrode.....1
 - c. User Manual.....1
 - d. 3V(CR2025)battery.....1
 - e. Packing case.....1
2.)Slim-Belt Set-contains;
 - a. Electrical Stimulator.....1
 - b. Conductive Slim-Belt.....1
 - c. Conductive Gel.....1
 - d. Elastic Strap(L).....1
 - e. Elastic Strap(S).....1
 - f. User Manual.....1
 - g. 3V(CR2025)battery.....1
 - h. Packing case.....1
3.)Electrode & Slim-Belt Set-contains;
 - a. Electrical Stimulator.....1
 - b. Conductive Slim-Belt.....1
 - c. Conductive Gel.....1
 - d. Elastic Strap(L).....1
 - e. Elastic Strap(S).....1
 - f. DualPole-Self Adhering Electrode.....1
 - g. User Manual.....1
 - h. 3V(CR2025)battery.....1
 - i. Packing case.....1

TROUBLESHOOTING

Problem Possible Cause Corrective Action

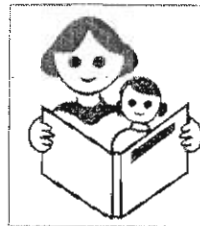
.No stimulation felt	.Dead battery	.Replace with a new battery
	.Battery poles not in correct position	.Remove and insert correctly
	.Very dry electrode	.Re-apply electrode.
	.Electrode torn or broken	.Replace electrode.
	.Defective unit	.contact dealer.
.Intermittent stimulation	.Loose connection unit or electrode	.Reconnect, making sure contact is secure.
	.Electrode torn	.Replace electrode.
.Not powerful enough	.Electrode too dry or worn out	.Replace electrode.
	.Battery running low	.Replace battery
	.Electrode resistant too high	.Use low impedance electrode
.Surges of power	.Mode selection incorrect	.Improper operation function Push function 'mode' button to change to another prog.
	.Electrode peeling loose from skin	.Replace electrode if necessary.

Problem Possible Cause Corrective Action

.Stimulation weakens minutes after start	.Normal adaptation process	.Increase amplitude . .Push function button for another mode
.Unwanted muscle twitches occur	.Amplitude too high	.Decrease amplitude . .Push function button for another mode
.Stimulation strong, but ineffective	.Improper electrode placement	.Reposition electrodes; consult your clinician
		.Push function button for another mode

* If, after using this guide, the unit does not operate properly, the unit should be serviced. Please call your dealer for instruction.

step 1



step 2



step 3



TECHNICAL SPECIFICATION

Dimensions: 53 x 30 x 10mm(L1) 54 dia. 10mm(L2)
54 x 35 x 10mm(L3) 54 x 40 x 10mm(L4)

Weight: less than 30g(battery included)

Power supply: 1 x 3V battery(CR2025)

Channel: one channel output with stud connector

Output current: 0~90mA peak to peak into 500Ω load

Density: change of 15 steps pulse amplitude

Timer: 30 minutes count-back to auto off

Wave form: dual phase square wave.

LCD screen: exchanges display between mode,
timer, intensity.

Program mode: P1~P5 TENS program, each cycle 30 sec.,
7 cycles; P6~P0 EMS program: each cycle 1
min., 7 cycles, contraction time(on time)2 or 4
sec., relaxation time (off time) 2 or 4 sec..

Pulse width cm	1		2		3		4		5		6		7		30 sec 30 sec
	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec	30 sec		
P1	2	4	2	6	2	4	6								
P2	5	8	5	10	8	5	8								
P3	10	15	10	25	10	25	15								
P4	15	25	15	30	15	30	25								
P5	30	45	30	75	30	75	64								
	1 min	1 min	1 min	1 min	1 min	1 min	1 min								
P6	2	5	2	6	4	5	6	2/2							
P7	5	15	10	8	10	8	15	4/4							
P8	30	46	10	36	10	30	10	2/2							
P9	36	64	45	36	46	78	64	4/4							
P0	6	46	8	64	10	78	30	2/4							

*** all data is ±10% ***

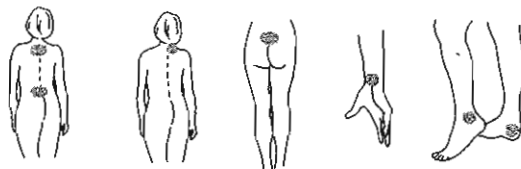
Each individual user
would find a preference to a certain program
to suit their needs.

REFERENCE MOTOR POINTS

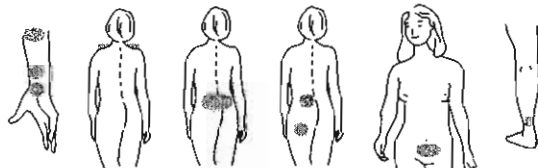
STIFF SHOULDER AND NECK. SORE SHOULDER



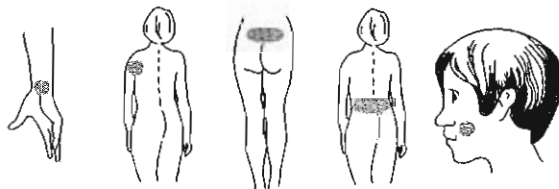
PARALYSIS OF BODY



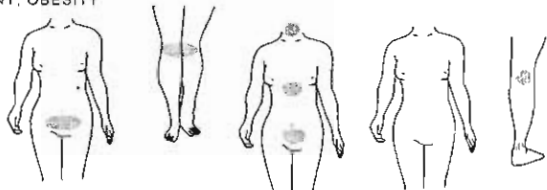
WRIST NERVE, BACK PAIN, SCIATIC NERVE PAIN



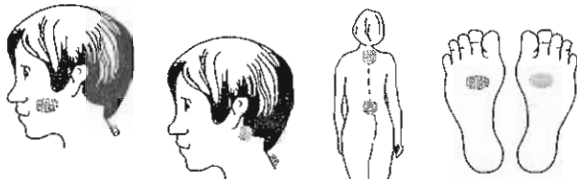
CHRONIC RHEUMATISM; ROUGH SKIN; BLISTERED SKIN.



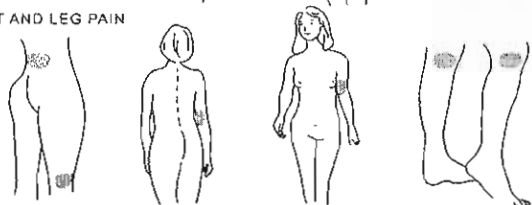
SKINNY; OBESITY



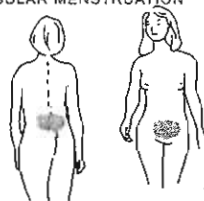
FACIAL NERVE PAIN; INSOMNIA; NEURASTHENIA SLEEPLESS



WRIST AND LEG PAIN



MENSTRUATION PAIN AND
IRREGULAR MENSTRUATION



Another Clinical Uses:

- .muscle spasm reduction
- .tired muscle
- .nerve block; reduction
- .cramp
- .postinjection scleroma
- .scar hypertrophy
- .stiff neck
- .tennis elbow
- .arthritis
- .headache
- .insomnia
- .intercostal neuralgia
- .enuresis
- .beauty care
-etc.

See your physician if you have any problems.

WARRANTY

SERVICE CARD

MODEL:

TEL:

SERIAL NO:

ADDRESS:

DATE PURCHASED:

PURCHASED FROM:

OWNER'S NAME:



CE
0434



Class II equipment Type Before AP

Distributed by: